

ABSTRACT

Instruments and methods for distracting an intervertebral space and inserting and impacting artificial intervertebral discs. A parallel distractor comprising a plying device with attached opposing forks operable to distract an intervertebral space. A method of distracting an intervertebral space comprising the steps of inserting a distractor having opposing forks into an intervertebral space and inserting an inserter/impactor between the opposing ramped surfaces of the distractor to insert/impact an artificial implant in the intervertebral space. A system for distracting an intervertebral space employing a parallel distractor, inserter/impactor and artificial intervertebral implant.